

Spanish Fork Parks and Recreation Concussion Policy

1. Purpose

There has been a lot of research concerning the occurrence of concussions in youth sports and activities. This policy is established to educate participants, parents, volunteer coaches and staff on concussions and head related injuries. We will also give direction to all parties involved on what steps to take to determine if a participant has suffered a concussion or head injury; also the type of medical professionals to see and what steps to follow to return to participation.

2. Recognition of Concussions – Signs and Symptoms

2.1 A concussion is a type of mild traumatic brain injury that interferes with the normal function of a brain and is defined as “a complex pathophysiological process affecting the brain, induced by traumatic biochemical forces.” It occurs when there is a direct blow to the head that causes the brain to be rocked back and forth or twisted inside the skull. It can also occur from an indirect blow, coming from somewhere else on the body and transmitted to the head. A concussion can cause loss of consciousness, but this does not always happen or have to happen to suffer a concussion.

2.2 Observed Signs

- 2.2.1 appears dazed or stunned
- 2.2.2 is confused
- 2.2.3 forgets plays or instructions
- 2.2.4 unsure about events (game, score, opponent, day, month etc.)
- 2.2.5 moves clumsily (altered coordination, unstable)
- 2.2.6 has balance problems
- 2.2.7 shows behavior or personality changes
- 2.2.8 responds slowly to questions
- 2.2.9 forgets events prior to incident
- 2.2.10 forgets events after incident
- 2.2.11 losses consciousness (any amount of time)

2.3 Symptoms

- 2.3.1 headache
- 2.3.2 fatigue
- 2.3.3 nausea or vomiting
- 2.3.4 double vision, blurry vision
- 2.3.5 balance problems, dizziness
- 2.3.6 sensitive to light or noise
- 2.3.7 feels sluggish, hazy, foggy or groggy
- 2.3.8 problems concentrating or remembering
- 2.3.9 confusion
- 2.3.10 does not “feel right”

3. Concussion Education for Parents, Participants, Volunteer Coaches and Staff

3.1 At time of registration, parents/guardians will be asked if they are aware of Spanish Fork Parks and Recreation concussion policy. They will not be able to register their son/daughter for any program unless they agree to follow the terms and guidelines of the policy.

- 3.1.1 Concussion Policy will be posted at the Parks and Recreation Office and online at www.spanishfork.org.

- 3.2 Parents/guardians need to be aware of the additional information entitled “Heads Up: Concussion in High School Sports - A Fact Sheet for Parents.”
 - 3.2.1 CDC’s Information Fact Sheet for Parents will also be available at www.spanishfork.org and CDC’s website: www.cdc.gov/concussion.
- 3.3 Volunteer Coaches will be trained on and reminded of Spanish Fork City’s Concussion Policy at all team tryouts, drafts and coaches meetings.
 - 3.3.1 Coaches will be given a copy of the CDC’s “Heads Up: Concussion in High School Sports - A Fact Sheet for Coaches.”
 - 3.3.2 CDC’s Information Fact Sheet for Coaches will also be available at www.spanishfork.org and CDC’s website: www.cdc.gov/concussion.
- 3.4 Staff will consist of: program coordinators/supervisors, site supervisors, officials and all others that are employees of Spanish Fork City Recreation Division.
 - 3.4.1 Staff will be trained by use of CDC’s “Heads Up” video, information sheet and Spanish Fork City’s policy.
 - 3.4.2 Staff will be given printed material along with Supervisors training to make decisions in the best interest of the participants.

4. **Removal from Play**

- 4.1 Any participant who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from practice or sporting event and shall not return to participation until cleared by an appropriate health Care Provider.
 - 4.1.1 Coaches, parents (not opposing coach or parent) or any Spanish Fork City Staff that suspects a participant of sustaining a head injury or contact that causes signs and symptoms of a concussion will immediately remove the affected individual.

5. **Returning to Play**

- 5.1 To be eligible to return to play, the participant must be seen by a qualified Health Care Professional who is trained in management of concussions and who:
 - 5.1.1 is licensed under Utah Code, Title 58, Division of Occupational and Professional Licensing Act; and
 - 5.1.2 may evaluate and manage a concussion within the health care provider’s scope of practice; and
 - 5.1.3 has, within 3 years, successfully completed a continuing education course in the evaluation and management of concussions. Utah Code §26-53-301 et seq.
- 5.2 Participant must obtain a written doctor’s release from their Health Care Provider which must be returned to the Spanish Fork Parks and Recreation Office.
 - 5.2.1 Doctor’s release forms must be turned in to Spanish Fork Parks and Recreation Office, not the participant’s coach.
 - 5.2.2 Once the release form is returned to Spanish Fork Parks and Recreation Office, someone from that office will call the coach and tell them that participant is ready to return to play.